

# [ *U-TWIST* ]

## Abstract

The present invention relates generally to personal training equipment primarily used, but not limited to martial arts skills. Even more particularly, it enables body stretching and movement to increase the blood circulation as well as the conditioning of the cardiovascular system. The present invention is susceptible of embodiment in many different forms. While the drawings illustrate and the specification describes certain preferred embodiments of the invention, it is to be understood that such disclosure is by way of example only. There is no intent to limit the principles of the present invention to the particular disclosed embodiments.